

5 A Day Recipes

Appetizers

Chickpea Dip with Vegetables

Serves 6

This more-heathful-than-hummus dip, with its colorful vegetable salad on top, partners well with pita bread and is great for a summer picnic or other party.

- 1 12.5-oz. can chickpeas, drained and rinsed well
- 2 tablespoons fresh lemon juice
- 3 drops hot pepper sauce
- 2 cucumbers, peeled, seeded and diced
- ¼ red onion, diced
- 1 cup plain low fat yogurt (equivalent to one 8 oz. container of yogurt)
- ½ tablespoon olive oil
- 1 carrot, grated
- 2 Roma tomatoes, finely chopped

Blend chickpeas, yogurt, lemon juice, olive oil, and hot sauce in a blender until smooth. Transfer dip to a shallow serving bowl, and pile the colorful vegetables on top, leaving an outer rim of dip to be seen. Serve with pita bread or toasted wheat bread triangles.

Nutritional Analysis

Calories: 157
Fat: 4 g
Cholesterol: 2 mg
Fiber: 5 g
Sodium: 42 mg

This is an official 5 A Day recipe, providing six people with one and a half servings of vegetables each.